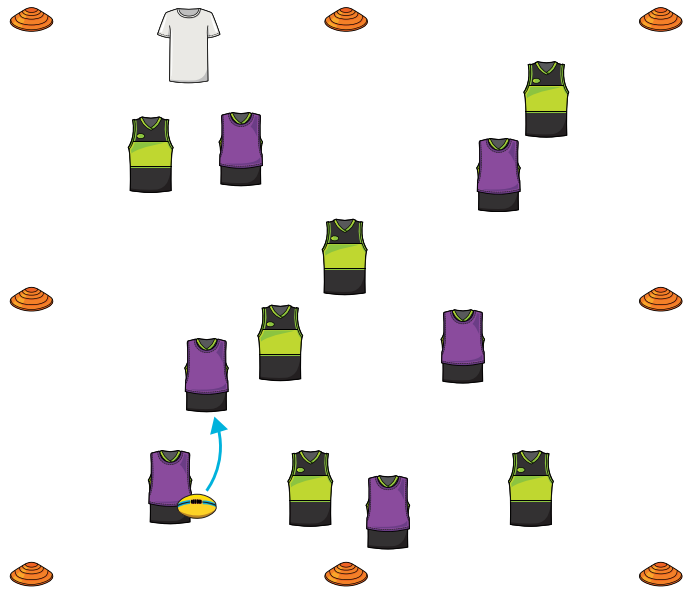
# KEENTAN

## [KEEN-TAN] TRADITIONAL FIRST NATIONS GAME – KALKADOON PEOPLE

LEVEL 4

## ENERGISER ACTIVITY | WEEK 5 & 10



## EQUIPMENT

- 2-3 footballs
- Bibs
- Stack of cones
- 1 helper per group



## HOW TO PLAY

1. On "Go!", attackers start to handball amongst their teammates.
2. Attackers who catch the ball must jump and catch the ball mid-air (only a small jump is needed).
3. Defenders may aim to intercept, however, must catch the ball in the air to gain possession.
4. If the ball is dropped or knocked to the ground by the intended catcher, the other team gains possession of the ball.
5. A change in possession also occurs when the ball hits the ground untouched.
6. Attackers in possession are allowed to run up to five metres before passing and may not be obstructed or guarded.

**SUPERCHARGE THE ACTIVITY**

1. All players (attackers and defenders) must now jump and be in the air when they handball and mark the ball. Only a small jump is needed.
2. Defenders should always be minimum one metre away from attackers.

## SET UP

- Set up a square playing area.
- Divide the group in two, with defenders wearing bibs, and attackers starting with the ball.
- For larger groups, you may need two activity areas.

## TEACHING POINTS

Keentan is 'Play' in the Wik Mungkan Language from northern Queensland.

The actions of the players jumping to catch the ball resembled a Kangaroo, the Kalkadoon people often described this game as 'Kangaroo-Play'. The ball was originally made of possum or wallaby hide.

**Handballing**: Ensure body is facing the target, aim towards target, swing and strike the end of the football, catch your fist as the follow through.

## CHANGE IT UP

- Practice catching in the air in pairs before starting the activity.
- Start with throwing, then move to handpassing (once players understand the game).
- Add an extra football.
- Reduce the minimum length of a pass (i.e 1m).